

SPOKE

Conestoga College, Kitchener

30th Year — No. 11

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DSA drug plan changing

Improvements planned for 1998-99

By Lisa Roberts

The Doon Student Association has some big changes planned for the drug plan available to Doon campus students for the 1998-99 school year.

"This year we've beaten out a lot of the kinks," said Gerry Cleaves, vice president of student affairs for the DSA. "Every year we look at renewing the contract with the insurance company, and last year there were so many problems between our insurance company and pharmacies."

Things were so bad, said Cleaves, that there were emergency board meetings called because of a total system breakdown. "There are always going to be problems with the insurance company and pharmacies," said Cleaves, "because there will be

growing pains in the first year of plans."

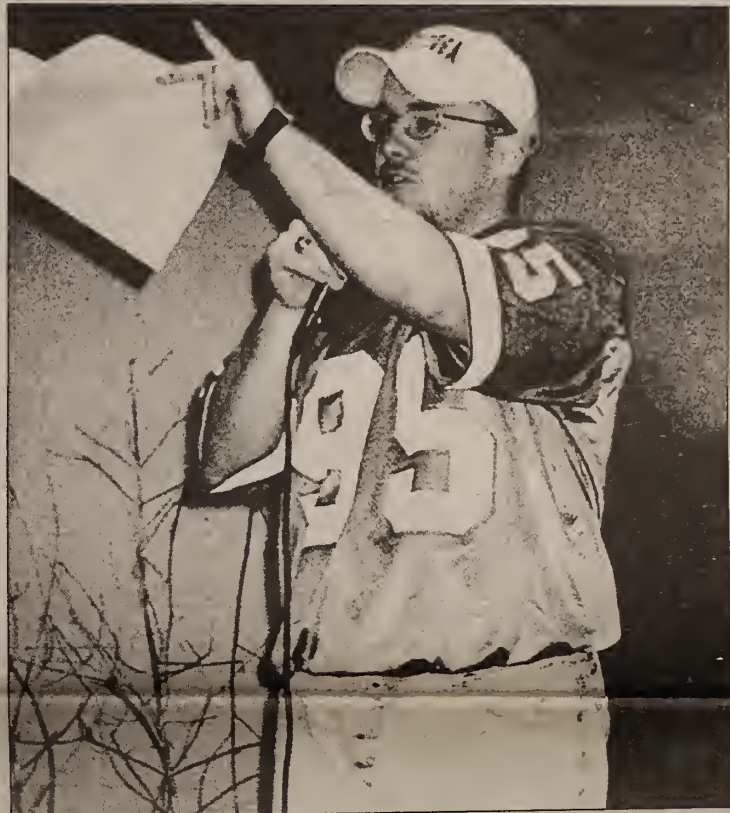
The DSA will continue to work with RWAM Insurance to provide coverage for Doon students. The company utilizes fees, like professional fees for the pharmacists and premium taxes to be paid to the government. These fees are unavoidable but make the process work more efficiently, said Cleaves.

This year, he promised, there will be some changes including cancelling out-of-province coverage, distributing student cards instead of stickers indicating plan coverage, decreasing the drug-plan fee included in tuition packages, and making the plan available exclusively for Doon campus students. The changes to the plan were designed to make things easier for students, said Cleaves.

"The plan was originally designed for nursing students and for students using the birth-control pill," explained Cleaves. "If students use the plan for the pill, according to calculations they could save \$80 to \$90 per year."

The actual cost for student prescription coverage has dropped nine per cent from last year's totals, said Cleaves. The current rate is \$69.36, including a \$3 fee for out-of-province coverage and \$4.83 for opting out of the program. As of September 1998, the new costs will be \$63.12 including the opt-out fee of \$3.25.

Another change to the drug plan is dropping out-of-province coverage. This was done for financial



DSA vice-president of student affairs Gerry Cleaves works at getting student input at a meeting in the Sanctuary earlier this year. (Spoke file photo)

reasons, said Cleaves. During spring breaks, according to Cleaves, students usually buy a three-week insurance-coverage plan that costs \$9. Because out-of-province claims weren't being used, it was cancelled to cut costs.

As far as making the drug plan available only for Doon students,

Cleaves explained that when more students outside Doon decide to use the coverage, it costs more for the insurance company and therefore increases the costs.

"The people opting in from other campuses are definitely using the

(see Drug Plan on page 2)

Computer help now e-mail away

By Richard Berta

A computer service hotline for the college was scheduled to begin operating March 19.

The hotline has been implemented to relieve some of the pressure on overworked staff, said Jane McDonald, professional-development consultant, and to provide a service to students, staff and employees.

The hotline is designed to help people through any difficulties they may encounter on their computers.

According to McDonald, "It will give people a hand in walking through software problems."

She added, however, that the service could not solve hardware problems, although it would be able to identify those problems.

The hotline is the result of a combined effort by professional development and Myrna Nicholas of peer services, McDonald said.

The service will be available via phone and e-mail. Phone service will initially be limited from 8:30 a.m. to 12:30 p.m. weekdays, while e-mail assistance will be available any time of the day, McDonald said.

Phone service could be extended later, depending on demand, McDonald added.

The computer service hotline can be reached through extension 444, or through the e-mail address computercoach.



Talking health

Fifth-year nursing students did a class project on diverticulitis recently. Shown at their display in the halls at Doon are, standing, from left, Diolanda DaSilva and Sandra Botelho, and seated, Nicole Davis and Sandra Bambrick.

(Photo by Casey Johnson)

Private investigators not sleazy, says consultant

By Jeannette Altwegg

What what do you think of when you hear the words "private investigator?"

The first thing that probably pops into most people's mind is this picture of a mysterious man, or woman, who wears a wide-brimmed hat to cover half of his, or her, face, wears a dark, long trench coat, and snoops around people's property in the dark. The kind of person who willingly spends his or her entire life trying to catch someone in the act of doing something illegal.

However, that's not an accurate portrayal of private investigators any more, said Jessica Tully, a business and management consultant from Barrie, Ont.

Speaking to law and security administration students about the private sector of investigations on March 11, Tully said when she first started out as a private investigator in the mid 1980s, people still thought negatively about P.I.s.

"The image of P.I.s wearing trenchcoats, meeting people with dark clothes and peeping through people's keyholes, is very hard to get rid of, she said.



Janice Tully, business and management consultant and former Doon LASA student. (Photo by Jeannette Altwegg)

However, Tully said she is still trying to acquire a good standard of ethics in the investigation business even though she's been working in the field since 1983.

"Today, said the former LASA student, "Investigations is a lot broader than just investigating a theft, or fraud, etcetera.

The Doon graduate said analyzing a problem to determine what the objective options are and

recommending solutions are a major part of being a private investigator these days.

"A private investigator's two most important protections are integrity and credibility," warned Tully. "If you taint either one of these, you'll never work for a reputable company again.

Although Tully started out working as an office accountant for a construction firm because she was

too young to get a P.I. licence, she knew she wouldn't be staying there for long.

"You've got to pay the rent. You've got to eat, Tully explained, adding that it did give her a good business background.

After leaving the construction company, Tully said she worked for King-Reed & Associates Ltd. for seven years.

"I was one, maybe even the first, employee of the company that was just starting out, she said.

Tully quickly rose to the top of the company. She said she even had her name on the company letterhead, but, she quit when she didn't feel challenged any more.

However, once again, she quit when she felt that she wasn't being challenged any longer, and, up until a couple of years ago, Tully was working as an internal risk-management consultant for the government to inter agencies at the provincial government level.

Looking at issues such as the video-lottery terminals and charity gambling, Tully said, it was her job to actually look at everything as it was developing.

"It sounds a bit like a fortune teller, she said. "You're looking at

a business risk, or an issue, and try to determine what is going to happen in the future.

About a year ago, Tully started thinking that, instead of working as an internal consultant, she would prefer to be an external consultant.

"With downsizing, it's going to become even more important that this risk-management field is looked at, Tully said. "With security and investigations either being scaled or removed, they're (companies) going to go with private investigators.

So, leaving her \$85,000 a year job — including the company car, a good pension plan, benefits and two large offices at two separate locations — Tully started her own firm.

"I'm now an independent consultant offering risk analysis or risk-management services to whomever, said Tully. "I can work for who I want, for as long as I want.

Whether the move to a privately owned firm was a smart move, remains to be seen, said Tully. However, she said she still thinks it's the wave of the future because it's more cost effective.

Drug plan

... from page 1

plan but they're driving the costs up," he said. "The more students are aware of the plan, the more it costs."

There will also be a separate prescription-coverage card distributed as part of tuition packages as of this September. "If you want to opt out, just toss the card out," said Cleaves. "If you accept it, you just have to write your name and student number on the card, stick it in your pocket and away you go."

Direct payment to the insurance company actually starts in October because of the option for students to decline the coverage. "If we had a plan with no opt-out, it would speed things up," said Cleaves, "but we offer the choice for students that may have other coverage, like family drug plans."

College says thanks to co-op employers

By Richard Berta

Conestoga College thanked co-op employers for their support of the co-op program at a breakfast held at Waterloo Campus, March 13, during National Co-op Week.

John Tibbitts, college president, said the co-op program was important for keeping the best students in the area.

He said that in terms of job placement, Conestoga was the number one college in the province. "We have the highest job-placement rate, and it has gone up five per cent over the last year, which takes us into the '90s," he said.

He added that he would like to see every program in the college have a co-op component.

Also present at the breakfast



From left, Jana Cable, Roger Wood and Sabrina Erneman attend the co-op breakfast at Waterloo campus. (Photo by Richard Berta)

were co-op students, Jana Cable, a food and beverage student,

Sabrina Erneman of woodwork-

ing, and Roger Wood, a robotics and automation student.

"Co-op gives you that first credible statement on your resume," Wood said. "What co-op means to me is that you will get a job in your field [of study] when you graduate."

Erneman said that objectively, the woodworking program at the college is the third best in the world. She said she hopes for a job in the furniture industry after graduating.

Cable is set to work at Chateau Whistler, a branch of Canadian Pacific Hotels, in Whistler, B.C., after graduating.

Gary Sanders of Rockwell Automation in Cambridge and a co-op employer said, "We were really missing the boat five years ago in attracting co-op students to our company. But now we have over 20 co-op students working in our midst."

Movie of The Week

Starship Troopers

Thurs. March 26

1:30 pm

The Sanctuary



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PLAN TO HIRE A TUTOR

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Conestoga may have student association

Other campuses tired of being left in dark on events; want an overall college organization

By Donna Fierheller

Some Conestoga College students are not aware that they are not members of the Doon Student Association unless they attend college at the Doon campus and pay DSA fees as part of their tuition costs.

Waterloo campus student John Sutton wanted to know why Conestoga's students from Guelph, Stratford, Waterloo and Cambridge are not informed of events put on by the DSA.

"Attending Waterloo campus is like being exiled," he said. "The DSA doesn't tell us anything that is going on. The only way we find out is the day the event is going on, or if it is reported in SPOKE."

Sutton said three or four students e-mailed the DSA to ask about it, only to be told to start their own association if they wanted one.

The senior liaison person between the DSA and the college was interviewed prior to spring break and confirmed that only students from the Doon campus currently pay into the DSA fund.

Jack Fletcher said "I'd love to see an overall college association."

Not all of the full-time, post-secondary certificate and diploma programs are taught at the Doon campus, in part due to lack of room, said Fletcher. Those students, along with

upgrading students, attend college at the smaller campuses.

Fletcher said in the past there were student associations at Waterloo and Guelph, but they decided that it wasn't worth their while because they didn't have the resources and services to really pull it off. He said there are certain disadvantages to being at the smaller campuses, and there are also advantages, one of which is that staff and students are much more like a family because there are not so many of them and they get to know everybody. He doesn't disagree, he said, that if all students were part of the same association they would have more of a sense of belonging.

Fletcher said he would call and put the topic of communications between the DSA and other campuses on the agenda (for a meeting after spring break) to see what their viewpoints are. He spoke to the subject before, he said, but didn't remember offhand whether the student government agreed or felt it should stay the same as it is now. "It looks as if they didn't go along with it. Because of my role, I'm an advisor, I can't insist they do certain things."

"The constitution is just in the process of being revised, and it hasn't gone forward yet to the board, so it might be worthwhile putting some sort of statement in," Fletcher said, "cause I'd love to be able to call it the Conestoga College student association. It may be a possibility."

"In terms of timing and being realistic," Fletcher said, "something like this might not happen for next year. Believe it or not, decisions have to be made right now in terms of the advertising we do and the fees and so on, and it could

also be controversial with some people. I could see it happening in a year's time."

By the following year, Fletcher said, it could be possible to have in place a reduced fee for those students who would not be able to attend as many functions because of the distances to the main campus.

"We've not excluded people, but we haven't pushed it either, for obvious reasons. I'm certainly going to have it discussed and explored."

"Attending Waterloo campus is like being exiled. The DSA doesn't tell us anything that is going on."

John Sutton,

Waterloo campus student

He said in the meantime, he would talk to the DSA to see if students from the other campuses could be invited to a few events, although he cautioned there could be associated problems with it.

"One potential problem with formally inviting students to some events of the DSA is that the Doon students themselves may say 'well I'm paying a tuition fee, or I'm paying a government fee, and they are not.'"

Sutton said the DSA complains if events are not well-attended, while there are a few hundred students (from smaller

campuses) who are not even aware of what is going on at the Doon campus.

"We're not asking the world," said Sutton. "Send posters or flyers that can be posted at Waterloo campus, so we can be informed of events at least a week before they happen."

Students would like to attend college events such as Oktoberfest, the polar plunge, or even bus trips to sporting events, said Sutton, who has been a student at three of the college locations over the past few years.

He took upgrading courses at the Cambridge campus and was then enrolled in mechanical engineering technology at Doon before transferring to the Waterloo program (not realizing he had lost his DSA membership as a result).

Following the meeting after spring break, DSA's vice-president of student affairs was asked about the possibility of including the whole college body in the association.

Gerry Cleaves said there is a lot more to it than throwing it out there to see what students think. Cleaves said every year there are rumblings from some students asking why they are not automatically in the drug plan, as well.

Cleaves agreed that it is not a matter of wanting to exclude anyone from the association.

"It's a lot harder than you think. Everything from geography, to the money standpoint, to how long students are at school, you know, the overall involvement. Geography is the big one. It would also

depend on how many services they're looking to get. You'd have to gauge how much do you reduce fees, compared to what (services) they would receive."

The DSA is a non-profit organization, completely separate from the college, said Cleaves. He said students at Doon pay an activity fee (of \$54.50), and that's why they are openly invited to any of the events. In addition, Cleaves said, the DSA is funded in part by outside sponsorship from area businesses. Bus trips for students are subsidized to keep the cost to students down, he said.

Responding to Sutton's statement about attendance at functions, Cleaves said, "As a student group, we always want more people out. That's the biggest battle we have every year. 'We put a ton of work into it just making sure there will be people there. We would have completely open arms to have any kind of situation that would increase attendance at events.'"

Cleaves said "I'm vice-president next year, also, and an overall association won't happen in my time, but often one year starts the ball rolling, and it's finished off in another year by other people. We're all moving to a common goal."

As a result of the meeting, Cleaves said, "The DSA does most of their feasibility studies on future directions of the association during the summer months, and the president-elect said he will definitely look into the possibility of having a future Conestoga College student association at that time."

MIKE MANDEL

stand-up mentalist

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DSA OFFICE



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Dragan Caric,

Mech. Eng. Year 2

in defeating

Stelian George-Cosh

in the Chess Challenge



Business gets on board

The recent announcement of a \$1 million gift to the college by Automation Tooling Systems Inc. of Cambridge is a shot in the arm for Conestoga. It's also encouragement for those both within the education community and without who believe that business will fill the funding gap being left by a retreating provincial government.

Those who fear that business will not pick up the ball being dropped by Queen's Park might rest a little easier knowing some community leaders in the business sector still recognize how all of us benefit when any of us learn. By raising the education level of the next generation of workers, planners, managers and designers, all of business and all of society will eventually be better off.

As important as the generous donation certainly is, the sentiment that motivated it is more than encouraging. "We are the beneficiaries of post-secondary education," said ATS president Klaus Woerner in announcing the gift recently. "It is the responsibility of employers to support the funding for their future." For Mike Harris's Common Sense Revolution to work, private enterprise must step forward and in the case of ATS, it has. "With all the cuts to education that the government has made, business will have to help fund education in order to keep it level," said Mr. Woerner. "The government can only chop, chop, chop for so long before it has a negative effect on what students are getting." More wise words; more hopeful signs.

Credit must also go to the college administration which is actively encouraging these "partnerships" with the business community. In the same issue of Spoke last week, a story told of a new deal with tire-maker Michelin which has resulted in a new high-technology training centre here.

And at the ceremony sealing the arrangement, more signals that business values education and is willing to support it with real dollars. In fact, it seems at times that business is out in front of government on this score.

While Harris and his ministers are busy trying to convince us all that less is more, at least two community leaders have got the formula right by saying, with their chequebooks: "More is more."

How's that again?

The Internet is everywhere. How long before we'll access it from screens on our car dashboards and wafer-thin computers in our shirt pockets? Net Heaven is just around the next corner. We'll soon be gathering up all the books and having community burnings in the town squares. Who needs 'em?

And yet, few there are who aren't at least somewhat troubled by the quality of information humming through our phone lines even if we are forever impressed at how it gets up on our monitors so effortlessly and quickly.

For example, a search this week for remedies to ear infections turned up an interesting page on the web which had this recommendation: a quick and foolproof cure is to administer generous drops of your own urine in the infected ear and wait for the pain to subside.

This bit of gritty wisdom appears on a "site" as glamorous as any other and looks as authoritative as it would have had it come from the World Health Organization. The truth is, it came from a guy called Joe somewhere out in the boonies who has had great luck fixing up his ears by peeing in them.

Our guess is Joe consumed several gallons of a liquid known to be stronger than pee before uploading his interesting helpful hints on the Net and in this world where everyone will soon be his own publisher, all we can say is, more power to you, Buddy!

Who we do feel sorry for, however, are the one or two or more net surfers who at this moment, are syringing yellow liquid into their ears, hoping for a little relief. We suspect, the only relief they can expect came as they produced the liquid.

The Net has a long way to go, figuratively if not literally. Surfer, beware!



Defying popular myths surrounding mosh pits



by Lisa Roberts

In the Feb. 23 issue of Spoke, my friend and Conestoga alum Amy Sonnenberg waxed poetic about the potential hazards of a mosh pit, and talked about the absence of manners and intelligence mosh enthusiasts seem to possess.

I am therefore replying in the hopes that new light will be shed on this phenomenon, and

to show that it doesn't take adequate brain power to recognize the risks of becoming involved in this highly energetic physical activity.

There will always be persons who consider themselves sensible enough not to place themselves in any danger of injury at shows, but go on to complain about the lack of courtesy from audience attendees who insist on jumping around and actually becoming physically involved at the event.

I hate to break this to people, but I'm one of those individuals.

However, unlike some neanderthals that insist on rudely shoving anyone and everyone out of their way to join the fracas, I'm at least polite enough to say, "Excuse me," before making my way to the main attraction. And, despite certain misconceptions about mosh pits, there isn't as much violence in them as one would like to think.

Personally speaking, I thrive on mosh pits. One would think that being female would work against participants like myself, but it's been quite the contrary. If someone falls over, regardless of their gender, there are usually some helpful hands to get the person back on his or her feet again.

It would seem more reasonable to expound on how there's so much aggression I store inside myself and pits are a way of releasing that

aggression. However, it would sound like I belong on a psychiatrist's couch instead of in the middle of a sweaty, struggling throng of concert goers.

Of course, the common misconception about pit enthusiasts is the need for psychiatric evaluation. Again, at the risk of defying popular myth, I consider myself quite sane.

Amy does have some valid concerns regarding throngs of people pushing and straining against one another, and the potential hazards this could bring. Unfortunately, because of the amount of concert experience I possess, my sympathy isn't too deep.

In her column, she wants to know why people who insist on doing this at shows don't stay at home and toss each other about to the artist's recorded music instead of putting others at risk of injury.

Despite certain misconceptions about mosh pits, there isn't as much violence in them as one would like to think.

I'm sorry, but I'm not paying upwards of \$30 for a ticket to some hard rock or alternative show just stand there and listen to the artist. That's fine if that's what you like to do, but if I want to merely listen to the music, I'll stay at home and throw on their CD. Her concert experience may not have been as positive as she would have liked, but that's the risk one takes when attending live shows.

It's almost expected nowadays to see a pit break out at a concert.

Unfortunate as it is for someone to suddenly find him or herself in the midst of chaos, he or she should at least have the sensibility to get out. Kick, scream, claw your way out if you have to. If you can't handle the exertion, for God's sake get out of there.

I'd rather hear how great a show was instead of complaints about how someone suffered from dehydration and broken bones. It is possible to have fun and be careful at the same time.

SPOKE

Keeping Conestoga College connected

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Editor: Dan Meagher; Student life editor: Jeannette Altwegg; Issues and Activities editor: Toria Long;

Photo editor: Richard Berta; Production manager: Lisa Roberts; Advertising manager: Casey Johnson;

Circulation manager: Donna Fierheller; Faculty supervisor: Jim Hagarty; Faculty advisor: Andrew Jankowski;

SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4.

Phone: 748-5366 Fax: 748-5971 E-mail: spoke@conestogac.on.ca

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Letter to the editor

'Prissy alarmist' paints inaccurate picture of Rodeway Suites, according to residents

In the March 10 issue of the Spoke, Conestoga College's illustrious newspaper, reporter Rachel Pearce took it upon herself to discuss how unsafe it was for women to live at the Rodeway Suites Residence across the street. I have appreciated many of Ms. Pearce's articles in the Spoke, but I feel that this cheap shot at residence is nothing but a prissy alarmist's view of things at Rodeway.

First of all, no one calls it "Roadkill Suites" except for Ms. Pearce as far as I know. Second of all, beer bottles and garbage do not make an obstacle course through the halls as she implies.

I have lived at Rodeway for my college career, and in comparison with other residences for colleges and universities I have been to, it is one of the best. It is kept clean, safe and the staff goes out of their way to keep it that way.

Ms. Pearce paints a picture where people get drunk and mate like rabbits whenever possible and drunken young women laze about waiting for a potential Paul Bernardo. This is not the way it is.

There is drinking at residence, and there is sex too. Over 200 students aged 17 to 24 have been let loose out of their homes with no parental supervision. It gets crazy and it's a lot of fun.

People attending college are supposed to be adults learning to survive in the real world, and it is not the responsibility of the Rodeway staff to make sure that students act that way. When you dump 200 people from all over Ontario into one place, something is going to hit the fan. But date

rape and drunken molestation is not the norm over at Rez. And I, and many other people living here, don't appreciate the implication made in this Spoke article.

The staff of Rodeway Suites have never been blamed with being lenient or ignorant, to my knowledge. They take their job seriously, and sexual harassment is not a subject dealt with lightly by them.

I appreciate one of the points that is made in the article; date rape is a frightening reality in college. But the same way that women unfortunately have to be careful walking home from school, they also have to be careful when they live at residence.

It's a sick world, and we all, especially women sadly, have to take care. But Ms. Pearce has sent the message that residence is the breeding ground for date rape, that security is lax, that any man who lives there is free to pop into a girl's room to have his way with her. This is not true.

So let me fill things in for those who haven't been to Rodeway Suites. It isn't a rape factory. There aren't drunken females riding the elevators. There aren't tons of doors left open for the masses to have their way with inebriated women.

There are video cameras monitoring hallways and stairwells, and staff is quick to deal with any problem brought to them. There is someone working at front desk at all hours, and anyone who doesn't live at Rez has to have a resident sign him or her in. I can't think of any other security measures that management could put into effect apart from a curfew and a chaperone in every room.

Residence is a great place for people who live outside of the K-W area to make friends and socialize while going to

college. It provides comfort in a new city, at a new school. It's bigger, better and cheaper than any other residence I've seen.

I'm sorry that Ms. Pearce is worried to have her "liberal" parents drop by, but I've never heard anyone voice that opinion but her. So maybe she should stop quoting statistics and taking isolated incidents to create an illusion of irresponsibility.

Residence isn't fantastic, but it isn't the horrible vision that a Spoke opinion writer is trying to create. So I ask that she stop using the college newspaper to make Rodeway Suites seem like a rapist's dream to those who don't live there.

Kelly Garcia and Terry Garcia,
residents at Rodeway Suites

(Editor's note: At a recent meeting, held by residents of Rodeway Suites, a survey of 101 students was collected and brought to the Spoke newspaper office. It stated that 99 of those students in Rez, who signed the sheet, disagreed with Rachel Pearce's column, and two women agreed with it.)



(Photo by Casey Johnson)

Nursing students offer help to smokers

by Barb Maffery, semester 5 nursing

Was it your New Year's resolution to give up smoking? If so, you aren't alone.

Almost every smoker I know shares your resolution for 1998. I think that's a great start. But if you are like most people, you haven't been able to for one reason or another.

Maybe the stress of school or your personal life makes it seem impossible. Maybe you fear the weight gain that is sometimes associated with quitting. Maybe you don't think you can do it. Whatever the reason - don't feel bad.

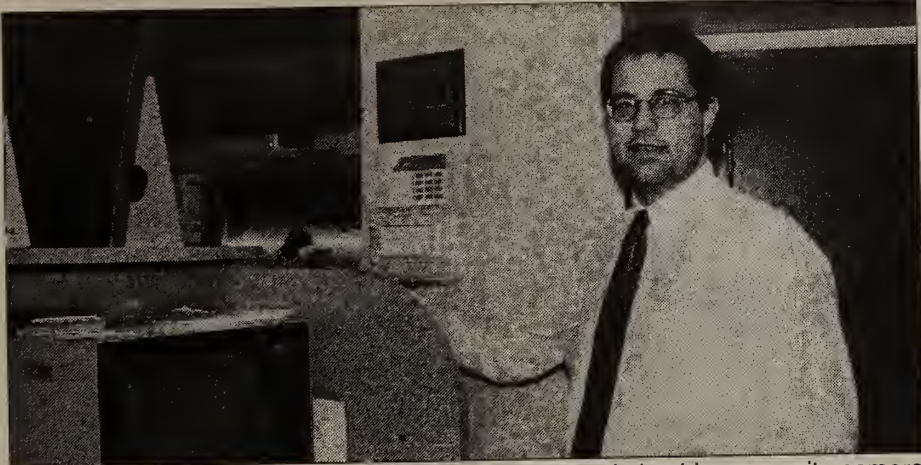
Nicotine is a very addictive substance and quitting is hard work. It may be the most difficult thing you ever do. It may also be the most important and beneficial thing you do for yourself.

If you have considered quitting, that is a first step. We would like to help with the rest. Semester 5 nursing students will be

available Thursday mornings from 8:15 until 10:15 to provide information and support in "The Other Room" of the Sanctuary. We can provide information on different programs for quitting, suggestions on how to get through the rough times.

We can offer counselling on stress management, relaxation, the nicotine patch and gum, tips for getting through withdrawal and much more. The most important thing we'd like to get across is that we are here to help - not judge. We want to support your decision to quit smoking and we will do what we can to make sure you are successful.

Spring is almost here and it is the time of new life, new decisions and new behaviors. Smoking cessation will help you to smell the flowers, breathe more of the fresh air and to run even faster to home base in baseball tournaments. We are committed to help you to achieve your resolution. Come talk to us on Thursday mornings.



Rodeway Suites Conestoga manager Brian Gill stands beside a security camera surveillance monitor behind the front desk of Rodeway.

(Photo by Casey Johnson)

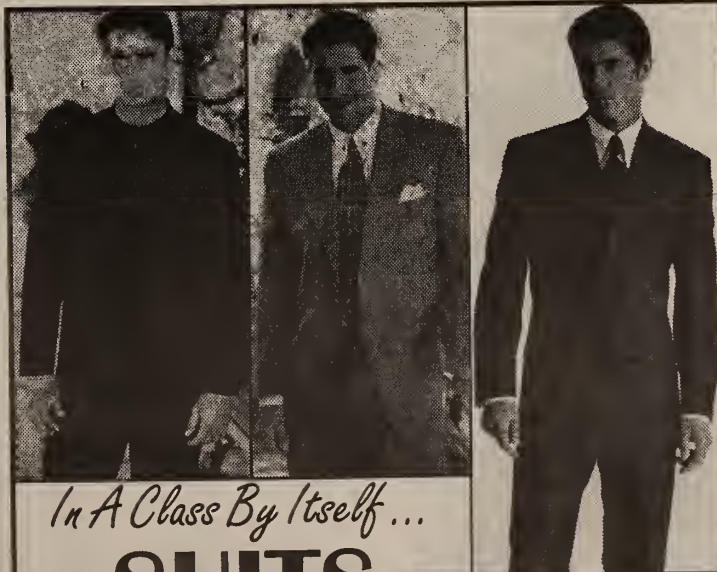
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Women in non-traditional occupations

Guelph garage employs Conestoga students

By Darko Zeljkovic



Marianna Roth at work at Gurka's Garage in Guelph. In order to become a licensed Class A mechanic, Roth has to meet program requirements of 9,000 hours of practical work.

(Photo by Darko Zeljkovic)

Doing oil changes for only \$8.99 is one of the ways in which Wendy Gurka, owner of the R & W Garage in Guelph, builds her business and fights competition in today's tough economy.

This 31-year-old Toronto native proves that the typical male world of cars and greasy engines doesn't exist in the same way as other male stereotypes. If we focus on the differences between the sexes, we sell ourselves short and obscure more important human issues such as equality in our feelings, needs and abilities.

As is typical these days given current conditions in the Canadian economy, Gurka has changed her occupation three times in the past decade.

After some university courses, she worked for five years with "behavioral students" at the Toronto Board of Education.

She then moved to Guelph where she managed an auto repair shop for three years and got experience in the trade. When she couldn't get a loan from the bank, she sold her house and started her own business.

"It was a tough decision to make, especially when you have young children," said Gurka, who is a mother of two.

Her younger son had the flu and

sleeps on the couch in the hallway. He couldn't go to school and she had to bring him into the shop. "It is tough to keep a positive balance in this business these days, but I am making enough for living expenses," Gurka said.

Currently, she has two mechanics working for her, including one student from Conestoga College. Marianna Roth, a second year student in the automotive technician program is determined to finish the five-year college program.

After high school Roth worked for two years as a co-op student in another shop and then started at college. To become a licensed Class A mechanic, Roth has to meet program requirements of 9,000 hours of practical work plus theoretical exams.

"I always dreamed about fixing cars in my own auto repair shop," Roth said. When questioned about her private life, she smiled sadly and said, "I broke up with my boyfriend because he was jealous and couldn't accept that I work with male mechanics, so I had to choose."

Roth explained that she isn't unique. She has a girlfriend in the same program at the Guelph campus of Conestoga College.

"As a matter of fact, the new girl is supposed to come in for an interview on March 16," said Gurka.



Wendy Gurka, owner of the R & W Garage in Guelph sits at her desk.

(Photo by Darko Zeljkovic)

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Chess improves abilities

Helps players gain spatial memory, says instructor

By Amanda Fickling

The only opponent at Conestoga College's chess challenge held on Tues., March 12, attended the University of Brasov in Romania for two years on a chess scholarship.

"Chess is considered a sport in eastern Europe," said Stelian George-Cosh, a mechanical engineering teacher at Doon campus.

Once George-Cosh received the scholarship, he said he had to produce results and start playing professionally.

Taught by his mother to play chess in his teenage years, George-Cosh said his mother eventually stopped playing with him.

A member of the faculty at Conestoga College since 1984, George-Cosh competes in the annual chess challenge held at the college.

He has been playing in the challenge for 12 years, said George-Cosh.

"Chess is considered a sport in eastern Europe."

Stelian George-Cosh

Cosh during an interview.

"There is a mixed variety of talent," said George-Cosh of the tournament.

Some students in the tournament play the game because they enjoy

it, but they have little knowledge of the game. Others are good players and should study the game some more because there is potential there, he said.

Chess is a useful game, he said. It will help anybody to gain spatial memory. It also helps people to think logically, said George-Cosh.

"It is a way for people to channel their aggressiveness into something peaceful," he said.

Chess can take a person's mind off anything, because you have to concentrate on the game only, said George-Cosh.

Now that he doesn't have time to compete, George-Cosh plays the game for a relaxing activity, he said.



Stelian George-Cosh plays chess with a student during Conestoga's chess challenge in the cafeteria on March 10.

(Photo by Casey Johnson)

Barrie woman teaches traditional Irish dance

By Dee Bettencourt

She's well-known by River Dance and has intimate knowledge of Lord of the Dance. She should; after all, her academy has provided the famous pair of Irish dancing companies with five dancers.

June Butler, 54, of Barrie, is the driving force behind the Butler Academy, a traditional Irish-dancing school for girls and boys. She teaches in Kitchener, Toronto and Bolton.

"Everybody know about me," says Butler. "I have three world champions and two all-Ireland winners. Steven McInteer is one of

mine and he's been in River Dance for two years now. He is known all over Canada. And Lindsay Doyle, from my Kitchener school, just auditioned and got accepted by River Dance last year, too."

Butler is proud of the Irish-dancing school that she now manages since her parents retired. Of the 33 Irish-dancing schools in Canada, approximately 500 in the U.S. and many more elsewhere in the world, she says her academy is recognized for turning out impressive numbers of winners. Six competitors, who have trained on average since the ages of four or five, will travel with her to Ireland over

Easter for the world-championship competitions in the soft-shoe, reel or slip-jig dance, and the tap-shoe dance that represents the soul of Irish dancing.

"I get nothing out of it," Butler says, referring to the offers she anticipates her dancers will receive from the Dublin office of River Dance after finishing their routines. "But I can't hold them back."

Traditional Irish dancers do not perform material to suit the audience, as do River Dance and Lord of the Dance. Instead, Butler says dancers are required to always display a stiff upper body and perfect-

ly straight arms, leaving their legs to do all the work. Butler says parents and children have to be dedicated to the dance, as it involves lessons, regular competitions and practicing at home.

"There are a lot of injuries," she says. "Dancers are prone to ankle, toe and knee problems, especially beyond the novice levels. The pounding and landing from jumps is strenuous on the balls of the dancers' feet; going over on their ankles can cause sprains."

Irish-born Loretta Doyle of Waterloo, aunt of River Dance's 19-year-old Lindsay Doyle, says that her niece has been dancing for a lifetime, has natural talent and is a beautiful dancer. Doyle's own two daughters, Ashling, 12, and Colleen, 9, also dance under Butler's tutelage at the Kitchener YWCA every Tuesday after school. Doyle agrees it is a demanding hobby, having just got back from yet another dance competition Feb. 28. She says, "Both their teacher and the dance are disciplined, but it does my children no harm."

However, the costumes for girls may dent parental wallets. Exquisite satin and velvet corset-

ted vests adorn full short skirts that swirl up and out during the dance, costing as much as \$1,400. The brightly colored outfits are considered as necessary as the two types of shoes. Both the soft shoes, priced at \$45 to \$55, and the fiberglass-tipped and -heeled tap shoes, priced at \$140 to \$170, have to be replaced annually for beginners and more frequently for those at advanced skill levels.

But for those who dream of pounding, synchronized feet, advancing in organized frenzy onstage towards sold-out audiences, so quickly that the naked eye cannot even see the number of taps creating the voluminous heart-altering rhythms, there is no substitute for Irish dancing to Celtic music.

Although there are teachers in Guelph and Newmarket (both previous students of Butler) who accept adults, Butler accepts only children in her academy.

"It is too difficult to tear myself away from the children and their competitions to teach adults," says Butler. "But my door swings in and out as children come, advance and move on. I always have room for a young new dancer."

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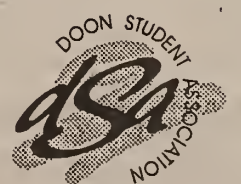
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Spring is here!

Students prepare for warm weather

By Victoria Long

Peoples in northern climes celebrate the end of winter's cold and dreariness in many ways. A spate of religious and cultural festivals, some involving a period of altered diet, mark the time around the vernal equinox, and individuals mark the end of winter with a variety of private rituals to welcome the return of longer days.

The dozen Conestoga College students asked, "What do you do to celebrate the coming of spring?" gave answers ranging from "nothing" to getting their gear together for favorite warm-weather activities.

On the "nothing" team, we have Vanessa Groem, a first-year marketing student. Abundantly clear about her upcoming schedule, Groem answered the question firmly and without hesitation: "I do nothing." Doing nothing can be a restful recharge after the long winter haul.

Four dedicated students offered variations on a with-my-college-workload-I-haven't-got-time-for-anything-else theme.

Do I do anything special to mark the beginning of spring? "No, I'm just trying to get through the term," said Bill Mainprize, who is in the career-development practitioner program.

"No, I just keep doing the homework," third-year marketing student Nancy McKean said.

"I don't celebrate. I usually study — otherwise, I'd be behind all the time," answered second-year woodworking technician student Lesley Daniels.

"It's just another day — I go to school and have a job too," said third-year woodworking technology student James McPhee. Wistfully, McPhee added his wish that his set

"I get spring fever year-round."

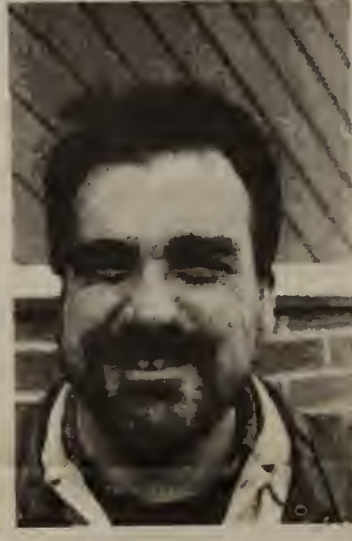
Patricia Roy



Sabrina Pierson
first-year broadcasting



Jennifer Cipriano
first-year broadcasting



Bill Mainprize
career development
practitioner program

"I go shopping for new clothes."

Sabrina Pierson



Darcy Zupko
second-year marketing



Vanessa Groem
first-year marketing



Lesley Daniels
second-year woodworking

schedule weren't so tight so he could get out and enjoy everything a bit more.

Then, there were those whose spring thoughts turn to wearing apparel and the zestful pursuit inherent in a shopping expedition.

Sabrina Pierson, a first-year broadcasting student, does a double-whammy on her closet to celebrate the warmer days of spring. "I go shopping to buy new clothes and do spring cleaning to get rid of a lot of my old stuff," she said.

Jennifer Cipriano, also in first year broadcasting, has great plans for the hot weather we all look forward to after the equinox. She said suntanning in her back yard, new Aldo sandals and a warm-up party to celebrate the season are highlights in her future.

Another student whose spring thoughts turn to apparel is Patricia Roy who is in her second year in the marketing program. When spring fever hits "I just get rid of the winter clothes and get out the spring ones," she said. "I get spring fever year-round," she added.

Some students' thoughts turn to outdoor activities including their favorite sports as the warm weather approaches.

Darcy Zupko, second-year marketing, said he celebrates spring by getting his soccerball out of storage. Victor Latzoo, a first-year general business student, said he starts getting ready for the soccer season when the first hint of spring is in the air.

Lesley Daniels said her spring thing is getting her motorcycle out of its winter wraps. Craig Ward, a general arts and science health option student, said his spring ritual involves tuning up his motorcycle, oiling its chain and freshening the paint on his helmet in anticipation of good riding weather.

Got a story idea? Let us know.

Call 748-5366 or write us at spoke@conestogac.on.ca.

Spring cleaning for your body

It isn't only for your house, says health centre owner

By Victoria Long

In fall, animals put on their winter fat to keep out the coming cold. In spring, when warm days inspire the wild creatures to stretch and search out food, Mother Nature's cupboard may be nearly bare, so their bodies draw on the reserves laid down as fat until the new year's growth appears.

Many people imitate nature's cycle by dieting, cleansing or taking a tonic to help their bodies go through the requisite intra-seasonal changes such as thinning the blood, and cleaning out the digestive tract and blood vessels, said a number of Kitchener-Waterloo health-food store owners and managers interviewed.

Spring tonics may be laxatives, like the old-fashioned dose of sulfur and molasses that youngsters cringed from each spring or bitter herbs, to stimulate bile production and clean the liver, or the earliest wild herbs (weeds to the uninitiated) which beckon to the wildcrafter.

In the last category are burdock roots, whose cycle is biennial like that of the carrot and dandelion. The root of the burdock is the plant's over-winter storehouse. In spring, it provides energy for the growth of new leaves. The emergence of these tiny leaves discloses the location of the underground root to the herb-gatherer. But burdock leaves are extremely high in oxalic acid, to the point of toxicity, so are never eaten. The taproot of the burdock, wild or cultivated, is eaten as a vegetable in oriental cuisine and the wild variety is also a powerful blood cleanser, said Blaine Gray, owner of Sangsters' Health Centres in Kitchener.

Nettle and dandelion leaves get an early start on the growing season and both are iron-rich blood builders, Gray said. His city customers use these early spring plants in dried form since they can't just step outside to pick or dig them. Other herbs that can counteract iron-deficiency anemia, from a fresh veggie-poor winter diet, are alfalfa and kelp, he said.

Gray said many of his customers use cayenne capsules and Vitamin E supplements to lower blood viscosity when winter ends.

"Spring cleaning isn't only for your house," he said. "Spring cleaning your body is a good idea too." For spring blood cleansing, many of Gray's customers use red clover as a tea or in capsule form.

For cleaning out the digestive tract, Gray stocks mucilaginous fibre supplements such as psyllium seeds, oat bran, and apple pectin, a soluble fibre.

He also notices his customers buy more probiotics in spring than at other times of year. The word, "probiotics", he explained, comes from the same root word as antibiotics, but it implies the opposite action.

Antibiotics destroy bacteria; probiotics, such as acidophilus (acid-loving bacteria) promote the growth of friendly flora in the digestive tract which consume the available food supply thus making it less hospitable for pathogens.

Joan Mattingley of Market Lane Pantry in Kitchener said the three most popular products at her store in springtime are nettle tea, Swedish bitters and Sanbu elderberry-cleanse kits.

Joanne Czarny, manager of The Old Kitchen Cupboard in Kitchener said the elderberry kit is a multi-purpose spring cleansing regimen which comes in two sizes: three-day and 10-day. One has a start-up day before the cleanse and a build-up day at the end, she said. On those days, the person eats only raw fruits and vegetables, and brown rice.

The cleanse itself is a complete fast — only water and the kit ingredients are consumed on a set schedule. The kit contains elderberry concentrate, fibre supplements which Czarny described as "little intestinal brooms", birch/juniper capsules for urinary tract cleansing, as well as detailed instructions for use. Czarny says this is the number one choice for her customers and besides its obvious benefits, it also boosts the functioning of the immune system.

Eileen Grogan, owner of Full Circle Foods in Kitchener, said many of her customers use the elderberry regime also. But, she says a common concern these days is intestinal parasites and spring is often the prime time for people to deworm themselves and their families. In the olden days, the

herbs wormwood and quassia chips were often used for this purpose, Grogan said, and today, she notices a resurgence in their popularity.

"Health-food patrons tend not to think in terms of a quick fix, a simple tonic, but rather in terms of cleansing their whole system," she said.

To raise their energy level, Grogan said her customers turn to an East Indian herb, ashwaganda, to revitalize them and clean out the sludge which accumulated in their bodies' passages over the winter months when activity levels were lower.

Bonnie Giffen, one of the owners of Herbal Magic Systems in Kitchener, said she's noticed

Siberian ginseng sells well in spring. She said this is not a true ginseng but it boosts a person's energy level and overcomes the lethargy people often feel in winter months. Giffen said many of her customers want herbs to help curb appetite and get them going in springtime when they're looking forward to looking good in shorts and bathing suits soon.

The Old Kitchen Cupboard's Czarny said her store stocks a different cleansing tonic from Swedish bitters. Called Floressence, it is a blend of six herbs, Czarny said, available in dry form for tisane-making, or pre-brewed. The tea is taken morning and evening on an empty stomach, which she said means at least

two and a half hours after supper.

Bernd Rohlf, part-owner of Nature's Pharm in Waterloo, said his customers have three regular approaches to internal cleansing if they feel logy as spring beckons. "They can go the homeopathic, the vitamin/mineral or the herb way," he said. "Very often they work with homeopathic remedies. The combination that works on the lymphatic system, kidneys and liver is most popular in spring."

His customers' most frequent year-round regimen is taking garlic daily, Rohlf said. As spring approaches, he finds people get back to it if they've let the practice slip over the winter and often they add nettle or dandelion tea to their diets.

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Winter campout donations down from previous year

By Lisa Roberts

The results from the annual winter campout were disappointing this year; only \$95 was raised.

A total of 10 people took part in the Winterfest activity, which was held in January, including representatives from the DSA, despite the below zero temperatures that evening.

Last year, 20 people participated and raised \$600 for ROOF, or Reaching Our Outdoor Friends, which is an organization to aid

homeless teens.

As part of the yearly Winterfest celebrations at Doon campus, the event is held to raise funds for ROOF.

"It's an event that you have to be into in order to want to participate," said Becky Boertien, director of student life. "Not everyone had money to get involved, but every little bit helps."

In an executives' meeting on March 9, DSA president Chris Kroeker announced plans for the DSA to donate \$200 to ROOF.

Finding that summer job

Kelly Services is now actively recruiting students for summer jobs, company vice-president and managing director, Lynne Manning, said in a press release.

The Canadian company, according to the press release, helps students find summer jobs with various Canadian companies.

The main opportunities mentioned in the press release were call-centre positions which would include things like providing financial and insurance advice as well as product information.

Manning said one of the best things about their service is the ability to get a foot in the door of the industry or company you might be interested in, while also giving the student the flexibility to move on if the job does not suit.

"A job through Kelly Services is more than just another summer job," said Manning. "You will earn good money and work decent hours in some of the leading companies in Canada."

Other areas with job openings mentioned in the press release are administrative and light industrial work.

For more information please contact JoAnne Hayes at (416) 964-6444 at ext. #455.

Waterloo waste management division launches new advertising initiative

Waterloo's waste management division launched the first regional program information pages in the upcoming 1998-1999 Bell telephone book.

Program information will be located between the blue and yellow pages of the new phone book, Joy Rayner, supervisor of the division's customer service unit, said in a press release.

Details on the pages include phone numbers and locations of all regional waste management facilities.

Questions about blue box recycling, garbage disposal and tipping fees, and special events and locations will also be answered in this section. For information, call Joy Rainer at (519) 883-5150.

Celebrating 50 years of St. Anne's

Reminisce with old friends and colleagues at St. Anne Elementary School in Kitchener which is celebrating its 50th anniversary.

The events will get under way on Saturday, April 25, with a mass at St. Anne's Church at 7 p.m.

A dance will be held at 8 p.m. at the Parish Hall following the mass with musical guest The Barge. Tickets are \$15 per person.

On Sunday, April 26, there will be an open house, from 1 p.m. to 4 p.m., at the school with a Memory Lane display being the highlight.

For more information, call the anniversary hotline at (519) 745-7367.

Gone but not forgotten

Classmates honor student's death with memorial award

By Michael Hilborn

Feb. 26 marked the first anniversary of the death of one of Conestoga's most popular students.

Jody Semeniuk, who lived near Waterford, was just 23 when she died in a two-vehicle accident on Regional Road 24 while driving to school last winter.

The second-year computer programmer analyst (CP/A) student is being honored by her classmates by the institution of the annual Jody Semeniuk Achievement Award.

The award is for second and third-year students who best exemplify the qualities of academic achievement and personal warmth for which Jody is so fondly remembered.

Faculty members will give their input on the academic side while the students will vote amongst themselves for the one in their ranks who best represents the kind of personality that made Jody such a memorable person.

Sesheeka Selvaratnam is a third-year CP/A student and one of the people who are working to make sure that Jody's memory will remain a part of the program and an inspiration to future students.

He said he remembers Jody as a very helpful, enthusiastic person and one of the best students in

the course.

He, along with fellow students Halina Rekret and Donna Gross, is spearheading an effort to have Jody's name commemorated by having a permanent inscription placed on a tree on the college campus.

The \$150 award is scheduled to be presented at the annual awards banquet on April 16 and the students hope that the college will

Jody would probably like to be remembered as someone who was enthusiastic about learning something new.

Halina Rekret

have designated a tree by that time so that a permanent memento will be in place before they leave in May.

"Once we graduate, it's not there anymore," he said. Rekret said that last year the banquet was held so close to the funeral that not many people showed up.

She said that Jody would probably like to be remembered as someone who was enthusiastic about learning something new and

in helping others to share in her excitement.

She (Jody) was sometimes impatient with her own learning curve but was always generous with her time when others needed help.

"There are about 60 of us in CP/A and Jody was in the top five," said Selvaratnam. "She was always very calm and confident in her approach to a problem."



Jody had a playful side to her nature, which endeared her to her friends, said Rekret. For instance, if she had the solution to a particularly difficult problem in class, she would sometimes keep her friends guessing before giving it to them.

Rekret said Jody seemed to take pleasure in getting to the answer before her colleagues did but was always willing to share her insights once she got there.

Jody Semeniuk was a casualty of a winter-driving accident, but, in the minds and hearts of those whom she touched, she will remain a special person.

"She was always willing to help people, she was friendly and outgoing and always in a great mood," said Gross, last year's recipient of the Jody Semeniuk Achievement Award. "She was a super person. She could do anything she wanted to."

Jody leaves a husband, Wesley Pasek, and a three-year-old son, Shane.



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Rusty's new CD does the '60s garage thing

By Anita Santarossa

Out of Their Heads is the title of Rusty's new CD released March 10, 1998, by BMG Music Canada.

The Toronto based band was formed in 1994 after the breakup of One Free Fall and the Doughboys. The band members include vocalist Ken MacNeil, guitarist, Scott McCullough, drummer John Lalley and bassist Jim Moore.

Their new album marks an unexpected sound for the band. Their '60s garage approach gives them a jump onto another level of music than their previous punk-rock style.

Though they describe this album as "60s garage rock," it's more like a nostalgic journey through the sounds of the '60s, '70s and '80s with a modern big-city edge.

With so many alternative bands hitting the stage these days, it's nice to hear a band who is daring enough to experiment with the big sounds of rock'n'roll's past.

The first song, Memories, has a treble melody engaging a Beatles edge with a big-city bass background. The tambourine included in many of the songs evokes shadows of the Partridge Family at times.

Feel the Vibe, the fifth song on the album, accentuates vocalist Ken MacNeil's sensual voice with a slight James Brown flavor. This hip-hop groove melody could be described as the "soul" of the album. Words like "sex", "pass the pipe", "God is sleeping and Satan's right", combine the up-in-smoke '60s with the more rebellious '70s and '80s.

Christmas Time and I'm Poor has a distinct '70s keyboard line bringing the listener back into the world of the Doors. Morrison's influence definitely emerges throughout this track.

The following song, I'm Hungry, takes yet another turn to the wilder side of the '80s. It merges more wild primitive sounds of the Beastie Boys with more disco-like keyboard sounds of the '70s.

Sunday Morning aspires to another level of music echoing a more Pink-Floydish type melody. MacNeil stretches his voice with a childlike dream-world sound. The xylophone emphasizes MacNeil's voice even further making this the most mellow of the tracks.

The album surprises us one last time by ending with a latino style song. The bongo drums and cow bells give a pulsing rhythm for the acoustic guitar to dance to. La Craqua could best be described as almost La Bamba/Gypsy King-like, but with no vocals.

The inconsistency of the album may be seen as the albums only flaw. It takes jumps all over a period of three decades of music.

However, this "bunny hop" sheds light on the unexpected, compelling one to listen on to find out what new sounds they will play with next.

The band tends to stick to

simple lyrics with no real obvious political messages. Main themes include free love, sex and rock'n'roll.

Though the lyrics are simple the album should not be

underestimated.

The band has proven themselves to be musicians with inspiring talent by blending a variety of sounds exemplifying their versatility

and range.

Rusty is currently on tour in Austin Texas. A concert date for southern Ontario has not yet been decided but we'll keep you posted.

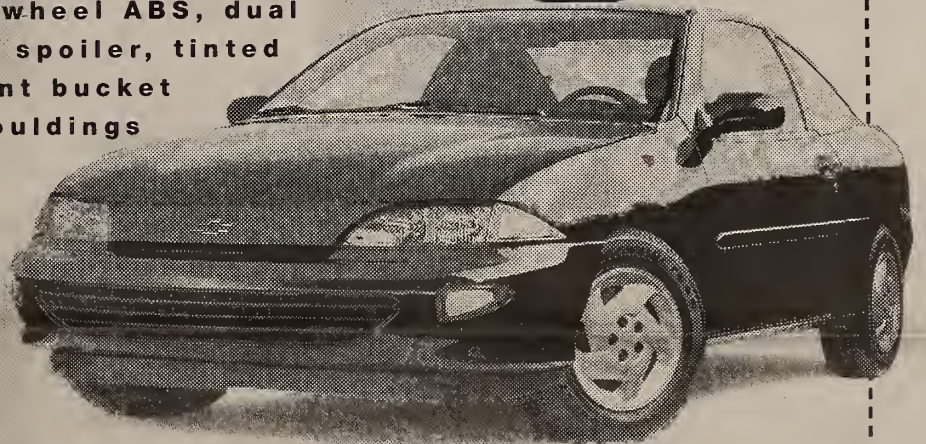
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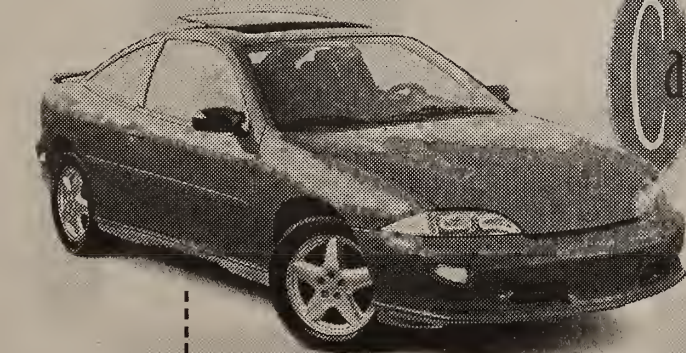
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You should know this: †Based on a 36 month lease. A minimum down payment or trade of \$750 and/or \$300 security deposit are required. Annual kilometre limit 20,000 km. \$0.08 per excess kilometre. Other lease options available. ‡Freight (\$620), licence, taxes and insurance not included. Dealer may sell or lease for less. Offers apply to the lease of 1998 new or demonstrator models of Cavalier Coupe and Cavalier Z24 equipped as described. Dealer order or trade may be necessary, and applies to qualified retail customers in Southwestern Ontario only. Limited time offers which may not be combined with other offers. See your Chevrolet/Oldsmobile dealer for details. **Graduate rebate subject to program rules.

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Plymouth Neon Expresso

Dodge Dakota Club Cab

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**\$750
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